



Drive-Thru Thanksgiving Feast

at the Alerus Center*

Tuesday, Nov 16, 2021 | 11:30 am - 12:30 pm
*Each person must have a ticket

Deadline to reserve a ticket: Monday, Nov 8
(If tickets are still available.) You may call after
Nov 8 to see if we have any tickets remaining.



Save The Date:

Drive-Thru Christmas Feast

at the Alerus Center*

Tuesday, Dec 14, 2021 | 11:30 am - 12:30 pm
*Each person must have a ticket

Ticket reservations will start Wednesday, Nov 17.
Please do not call before Nov 17. We will not take your
reservation until after that date. The deadline to reserve
Christmas Feast tickets is Dec 3. You may also call after
Dec 3 to check if there are any tickets remaining.

The GF Senior Center's Thanksgiving and Christmas meals will be DRIVE-THRU style once again at the Alerus Center this year.

THANKSGIVING FEAST TICKETS

To reserve a ticket for the Thanksgiving Feast, call 701-772-7245 before Nov 8.

CHRISTMAS FEAST TICKETS

To reserve a ticket for the Christmas Feast, call 701-772-7245 between Nov 17 and Dec 3, 2021.

We need the full name and birthdate of each person who would like a meal (only for people 60 and older & their spouses of any age). Tickets will be mailed out, or you can pick them up at the GFSC. At the drive-thru, you can pick up meals for others, as long as you have their tickets.

For both Feasts, enter on the south side of the Alerus Center parking lot from 42nd Street. Look for signs or people to direct you. You will drive up to the building, **hand us your ticket(s)**, and receive your meals through your back window.

Suggested dinner contribution of \$5 for people 60+ and their spouses. A contribution envelope will be included with your ticket(s). If you would like to make a contribution, please put your cash or check in the envelope and give that, along with your tickets, to the drive-thru attendant.

Grand Forks Senior Center (GFSC) Phone Numbers

GFSC General Number	701-772-7245
Executive Director, Colette Iseminger, MS, RD, LRD	701-772-7245
Assistant Director/Development Officer, Becky Broadwell	701-757-4864
Meals on Wheels (MOW) Coordinator, Grace Hale	701-757-2006
Home Delivered Meals (HDM) Paula Altepeter, Rhonda Stephan	701-780-5169
Resources Manager Stacy Narlock, BSW	701-757-4874
Grand Forks Resources, Tanya Barron	701-757-4872
Rural (GF & Nelson) Resources, Joyce Austin	701-757-4881
Activity Manager, Ranea Johnson	701-757-4866
Gaming Supervisor, Dennis Nelson	701-757-4873
Public Relations Manager, Amanda Rengstorf	701-757-4863
Kitchen Supervisor/Head Cook, Gerri Davis	701-757-4871
Health (Foot Care) Appointments	701-757-4878
Health Manager, Shirley Lill, RN	701-757-4868

IMPORTANT COVID UPDATES

Masks are **REQUIRED** going around the building. Once you are seated for an event or exercise classes you may remove your mask. As soon as you are getting up, **MASK GOES BACK ON.** Please know that it is your choice to sit by someone who is not masked and could put you at risk for COVID, Flu etc. If we have to keep reminding you to mask up you will be required to wear a mask at all times OR be asked not to come here until the surge is over.

THIS CHANGE DOES NOT APPLY TO BINGO.

Masks are required at all times in Bingo.



MASKS are REQUIRED at all times in HEALTH and RESOURCES. Masks are also required when you are interacting with any staff person. This is to keep our staff safe.

If we find this doesn't work OR we have more positive cases, we will be forced to shut down all indoor activities and meals until the surge is over.

We highly recommend you wear a mask at all times. Cases are surging in our

community and we have had multiple seniors test positive and are sick or hospitalized and are fully vaccinated. It's time to mask up, get your booster and stay 6 feet away from others, especially unmasked people.

The GFSC continues to watch COVID-19 positive case trends. If we feel an activity may not be safe due to high positive cases, hospitalizations, or an outbreak at the Senior Center, it will be cancelled or postponed.

If you test positive for COVID and have recently been to the Senior Center, please let us know.

THANK YOU!

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If you are going south for the winter, please let us know so we can update your information!



While at the Grand Forks Senior Center (GFSC) or on GFSC trips, you may be recorded or photographed. Your presence at the GFSC constitutes your permission for us to use your likeness.

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**Thank you for
trusting us with
life's most
tender moments.**

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Celebrating **40** Years

Mission Statement

The mission of the Greater Grand Forks Senior Citizens Association, Inc. is providing opportunities for older adults to live to their full potential.

The Greater Grand Forks Senior Citizens Association, Inc. makes available all services and assistance without regard to race, color, religion, national origin, age, sex, political beliefs, disability, or status with respect to marriage or public assistance. If you feel you have been discriminated against, please contact one of the board members or the Executive Director.

If you would like to receive this newsletter (either in the mail or by email), you no longer wish to receive this newsletter, or your address is changing, please contact the **GF Senior Center** at 701-772-7245 or pr@gfseniorcenter.org. If you would like to switch to receive the newsletter by email, email pr@gfseniorcenter.org.

From the Director's Chair

by Colette Iseminger



Thank You For Masking!

Feeding Grandma and Grandpa has become a critical mission for us at the Senior Center during this long pandemic. We are working hard to ensure these meals are prepared with the health and safety of older adults as our #1 priority.

Why are meals so important besides the obvious fact that we all need to eat to survive? I will put on my dietitian hat to answer that question. Good nutrition is closely associated with an older person's ability to function and remain independent. Hospitalized older adults suffer from many adverse effects when malnourished, and healing and recovery take longer. All top nine chronic health conditions in older adults have dietary and nutritional implications. Nutritious meals reduce the risk of chronic diseases and related disabilities, prevent nutritional deficiency, and improve health over the long term.

Food security is the knowledge that food is available to you. On the other hand, food insecurity is the very real threat of hunger. Food insecurity is associated with a host of poor health outcomes; while food security and good nutrition are key factors in healthy aging. Not only is poverty an issue with many in the older generations but also a variety of circumstances where just preparing a nutritious, balanced meal can be a challenge. Our meals are available to all adults over the age of 60 without regard to economic status. They are paid for with a combination of the suggested donation from the older adult, state and federal funds, and donations.

This fall, we are kicking off our annual fundraiser, the Silver Campaign. I hope that you will be able to partner with us to feed the grandmas, grandpas, great-grandmas and great-grandpas out there. Your donation will give us flexibility to continue to serve older adults in the safest way. That gift will provide nutritious meals to keep seniors strong and healthy.

Thank you with all my heart! ❤️
'Til Next Time,

Colette Iseminger
Licensed Registered Dietitian
Executive Director

Bad Weather



During BAD WEATHER to find out if we are open, call the GF Senior Center at 701-772-7245. www.gfseniorcenter.org, valleynewslive.com, or www.facebook.com/gfseniors.

FREE Legal Services for Seniors

The GF Senior Center hosts Legal Services the third Thursday of each month from 9:30 am – 11:30 am. The next time they will be here is **Thursday, November 18, 2021, from 9:30 am - 11:30 am.** Call 701-852-4369 ext 331 to make an appointment ahead of time. Walk-ins accepted as time allows.



September 2021 Board Report

The board of directors met on Sept 16, 2021. The following are the highlights:

- Amendment to the employee retirement plan was approved. This would remove an age eligibility requirement and eliminate the one year waiting period before receiving the employer match.
- The Executive Committee will work with Colette on any cancellations or shutdown of services due to COVID.
- Bid to replace the side door by the kitchen and install electronic swipe locks/cards was approved. The city will pay \$9,000 toward the project which is the cost to replace the door.
- Wage increases were approved for the staff. We need to stay competitive with our benefits and wages if we are going to recruit and retain our staff in this market which is seeing a severe worker shortage.

The next meeting is December 16, 2021 at 11am.

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your Personal Tour Today!*



*Our Family
Caring for Yours*

Senior Independent Living - Country Estates

- A variety of elegant apartments
- Café, hair salon, exercise room, transportation

Assisted Living - Wheatland Terrace

- Spacious apartments with 24/7 personal care
- Meals, transportation to medical included

Basic Care - Tufte Manor

- Single and 2-room suites (Medicaid approved)
- Meals, transportation, personal care included

valleyseniorliving.org
701.787.7563



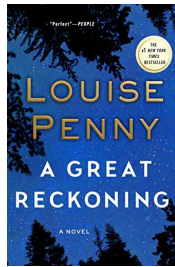
Tech Support

Need help with your Cell phone, Tablet, Kindle, or Lap Top? Tech Support is now available on the 1st & 3rd Wednesdays in the afternoon. Call Ranea at 701-757-4866 for an appointment.

Constant Reader's Book Club

Monday, Nov 8 at 10:30 am
Discussing "A Great Reckoning" by Louise Penny

New people welcome! Book for the next month handed out at this gathering. For info regarding the book club, see GFSC Activity Manager Ranea Johnson or call her at 701-757-4866.



Coffee with a Cop

Tuesday, Nov 16
2:00 pm - 3:00 pm

Come have coffee with Sergeant Kris Brown. (No pie will be served this day, as it is the Thanksgiving Feast day.)



Music Mondays



Come and join us in the GFSC dining room on Mondays at 1:00 pm as we gather and appreciate the talents of local musicians.

- | | |
|-------------|-------------------------|
| November 1 | Fantastic MBP |
| November 8 | Music with Carol & Cleo |
| November 15 | Harmony |
| November 22 | Joe Schmidt |
| November 29 | Too Old to Die Young |



Too Old to Die Young Playing at Music Monday on 10/11/21.

2022 TRIP

Washington DC Trip

April 20 - 28, 2022

*\$1,699/person

Upcoming 2022 trip offered by the
Grand Forks Senior Center and
West Pic Travel.

This trip will require a lot of walking.
*\$1,699/person is based on double
occupancy Checks only (no credit
cards). Proof of COVID vaccination
with deposit. Sign up with complete
tour information will be available in the
January newsletter.

WISH LIST

The Grand Forks Senior Center is in need of the following items:

- Tea Packets
- Panty Liners
- Unopen Packs of Disposable Incontinence Pads - Ladies, size lg (Also referred to as "Depends")
- Hot Chocolate
- Napkins
- A Wii Console (Original, if possible)
- Rack-o game in good condition
- Coffee
- Paper Towels

If you have any of these items, or if you would like to purchase them for the Senior Center, please drop off them off at the front desk of Senior Center during regular business hours.

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Our doctor and nurse practitioners
come to you.**

**Contact us
today!**



(800) 929-8891 | CareThatComesToYou.org



November 2021 Activity Calendar

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1</p> <p>9:30 am Men's Coffee 1:00 pm Dominoes 1:00 pm Music Monday Fantastic MBP 1:30 pm Beginner Tai Chi 2:00 pm Experienced Tai Chi 2:30 pm Qigong 3:30 pm Chair Yoga (Hope Church)</p>	<p>2</p> <p>9:00 am Monthly Tour 9:30 am Men's Coffee 10:00 am Weight Loss Support Group 10:00 am Women's Coffee 3:30 pm Healthy Bones (Hope Church)</p>	<p>3</p> <p>9:30 am Men's Coffee 10:00 am Game Group 1:00 pm Bingo (\$2/card) 1:30 pm Ready, Set, Stretch 3:30 pm Chair Yoga (Hope Church)</p>	<p>4</p> <p>9:30 am Men's Coffee 9:30 am Wii Bowling League 1:00 pm Bingo (\$2/card) 1:00 pm Bunco (\$2) 1:30 pm Beginner Tai Chi 2:00 pm Experienced Tai Chi 2:30 pm Qigong 3:30 pm Healthy Bones (Hope Church)</p>	<p>5</p> <p>9:00 am Gift Shop Crafters 9:30 am Men's Coffee 10:00 am Women's Coffee</p>
<p>8</p> <p>9:30 am Men's Coffee 10:30 am - Sr Center Book Club Constant Readers 1:00 pm Dominoes 1:00 pm Music Monday Music w/ Carol & Cleo 1:30 pm Beginner Tai Chi 2:00 pm Experienced Tai Chi 2:30 pm Qigong 3:30 pm Chair Yoga (Hope Church)</p>	<p>9</p> <p>9:30 am Men's Coffee 10:00 am Weight Loss Support Group 10:00 am Women's Coffee 1:00 pm Vision Support Group 3:30 pm Healthy Bones (Hope Church)</p>	<p>10</p> <p>9:30 am Men's Coffee 10:00 am Game Group 1:00 pm Bingo (\$2/card) 1:30 pm Ready, Set, Stretch 3:30 pm Chair Yoga (Hope Church)</p>	<p>11</p>  <p>GFSC CLOSED</p> <p>Thank You Veterans!</p>	<p>12</p> <p>9:00 am Gift Shop Crafters 9:30 am Men's Coffee 10:00 am Women's Coffee</p>
<p>15</p> <p>9:30 am Men's Coffee 1:00 pm Dominoes 1:00 pm Music Monday Harmony performing 1:30 pm Beginner Tai Chi 2:00 pm Experienced Tai Chi 2:30 pm Qigong 3:30 pm Chair Yoga (Hope Church)</p>	<p>16</p> <p>9:30 am Men's Coffee 10:00 am Weight Loss Support Group 10:00 am Women's Coffee 2:00 pm Coffee with a Cop 3:30 pm Healthy Bones (Hope Church)</p> 	<p>17</p> <p>9:30 am Men's Coffee 10:00 am Game Group 1:00 pm Bingo (\$2/card) 1:30 pm Ready, Set, Stretch 3:30 pm Chair Yoga (Hope Church)</p>	<p>18</p> <p>9:30 am Legal Services 9:30 am Men's Coffee 9:30 am Wii Bowling League 10:00 am Hearing Aid Clean 1:00 pm Bingo (\$2/card) 1:00 pm Bunco (\$2) 1:30 pm Beginner Tai Chi 2:00 pm Experienced Tai Chi 2:30 pm Qigong 3:30 pm Healthy Bones (Hope)</p>	<p>19</p> <p>9:00 am Gift Shop Crafters 9:30 am Men's Coffee 10:00 am Women's Coffee</p>

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>22</p> <p>9:30 am Men's Coffee 1:00 pm Dominoes 1:00 pm Music Monday Joe Schmidt 1:30 pm Beginner Tai Chi 2:00 pm Experienced Tai Chi 2:30 pm Qigong 3:30 pm Chair Yoga (Hope Church)</p>	<p>23</p> <p>9:30 am Men's Coffee 10:00 am Weight Loss Support Group 10:00 am Women's Coffee 3:30 pm Healthy Bones (Hope Church)</p>	<p>24</p> <p>9:30 am Men's Coffee 10:00 am Game Group 1:00 pm Bingo (\$2/card) 1:30 pm Ready, Set, Stretch 3:30 pm Chair Yoga (Hope Church)</p>	<p>25</p> <p>GFSC CLOSED</p> <p><i>Happy</i></p> <p>THANKSGIVING</p> <p>DAY</p>	<p>26</p> <p>GFSC CLOSED</p>
<p>29</p> <p>9:30 am Men's Coffee 1:00 pm Dominoes 1:00 pm Music Monday - Too Old to Die Young 1:30 pm Beginner Tai Chi 2:00 pm Experienced Tai Chi 2:30 pm Qigong 3:30 pm Chair Yoga (Hope Church)</p>	<p>30</p> <p>9:30 am Men's Coffee 10:00 am Weight Loss Support Group 3:30 pm Healthy Bones (Hope Church)</p>	 <p>Thank You For Masking! From the GFSC Staff</p>		

Whisk and Pinochle are canceled until further notice.

Visually Impaired Senior Support Group



Tuesday, November 9
(2nd Tuesday of each month)
1-3 pm in the GFSC Library

If you have any questions regarding this group, contact Pam at 701-795-2719.

Bingo T-Shirts for Sale!
Inquire at the front desk.

Happiness is yelling

BINGO!
at the
Grand Forks Senior Center

How to Get A COVID Booster Shot



1826 S Washington St, Suite 7, Grand Forks ND. The location of the New GFPH COVID vaccination clinic. Photo taken by GFPH.

Booster doses are available at the Grand Forks Public Health (GFPH) COVID clinic. People 65 and older or 50-64 with underlying medical conditions should, and are able to, receive a booster shot at this location at least six months after completing their primary series. Other groups may receive a booster shot at this location, based on their individual risk and benefit. CDC booster guidelines may change.

How to get a free COVID-19 vaccine:

1. Walk in or make an appointment through www.grandforksgov.com/vaccine 701-787-8100
2. Use the North Dakota vaccine site to find a clinic near you: www.ndvax.org.
3. Check for vaccine appointments using the Vaccine Finder: www.vaccines.gov.
4. Contact your primary health care provider or a local pharmacy.

FREE Hearing Aid Cleaning and Ear Inspection

Thursday, November 18
10 am - 11:30 am
GFSC Lobby



10 Silver Express



**Thank You
For Masking!**
From the GFSC Staff

Cities Area Transit offers **SENIOR RIDER**

Monday - Friday:

6:00 am - 10:00 pm

Saturdays:

8:00 am - 10:00 pm



Call **701-787-9120** weekdays before 5:30 pm. Before using this service, you must complete an application with Cities Area Transit (**allow one week for processing**). If you call this number in the evening or on the weekends, you will need to leave a message. Call one business day in advance of when you need your ride after your application has been approved. **Masks are required.** Rides within GF and EGF city limits only.

LIHEAP - Fuel Assistance Program

The Low Income Home Energy Assistance Program (LIHEAP), also known as Fuel Assistance, helps eligible North Dakotans pay their heating costs. If you qualify, LIHEAP will pay a portion of your fuel cost to heat your home. This program can also assist with weatherization services, furnace and chimney cleaning, furnace repair and replacement, and emergency assistance. Applications are accepted October 1, 2021 – May 31, 2022 (or until program funds are used up) and you must reapply each year. **Assets are no longer considered in determining eligibility for this program.**

For more information or for assistance in completing and submitting the LIHEAP application, please **contact Community Options at 800-823-2417 ext: 140.**

Is it difficult to take care of your toenails? Is your vision failing or do you have arthritis, which can make this task difficult? Whatever the reason, if you are 60 or over, you can have your foot care done by nurses at the Grand Forks Senior Center. Call today for an appointment.

Foot Care Appointments

APPOINTMENTS AVAILABLE- Please call 701-757-4878 to make a foot care appointment at the GF Senior Center or at one of the satellite foot care clinics listed here (by appointment only).

- | | | |
|---------------|--|------------------|
| Nov 3 | Nelson Co. Courthouse
210 B Ave. West, Lakota | 9:00 am - Finish |
| Nov 4 | Nelson Co. Courthouse
210 B Ave. West, Lakota | 9:00 am - Finish |
| Nov 10 | McVile Fire Hall
203 Baldwin Street, McVile | 9:30 am - Finish |

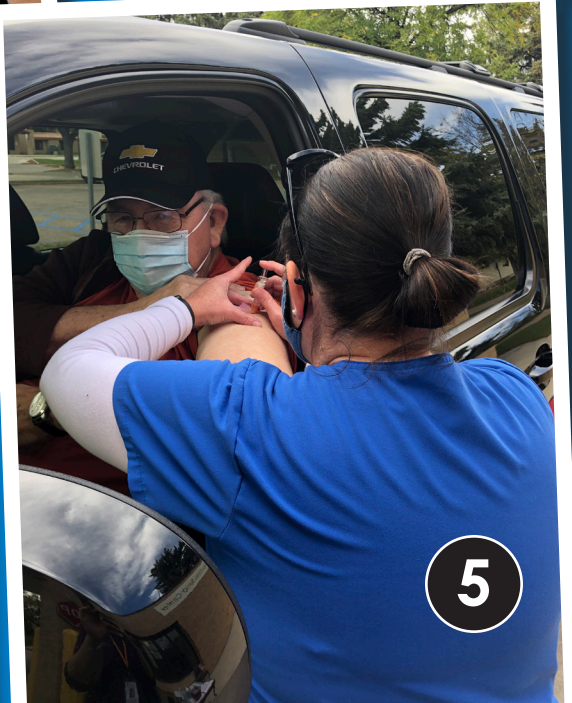
Guidelines to keep clients and staff safe:

- Nurses are equipped with proper equipment.
Clients will wear a mask correctly during the entire foot care appointment.
- You must call and reschedule your appointment if you are not feeling well in any way.
If you are unvaccinated, you will need to reschedule your appointment if you have come into contact with someone who has tested positive for COVID-19 within two weeks prior to your appointment.

Fun around the Center

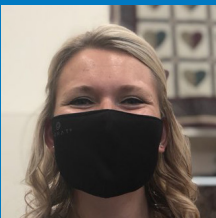


**Fun Fact:
BINGO Payouts for September
Totalled \$4000.25!**



- 1 Aug 18 'Party in the Park' at Lincoln Park. Oops! This photo was sideways last issue!
- 2 Medication Take Back on Oct 7
- 3 Bob Humble was the winner of our BINGO jackpot on Sept 15 Congratulations Bob!
- 4 Bingo fun on Oct 6
- 5 Drive Thru Flu Shot Clinic Oct 12

Thank You for Masking!
From the GFSC Staff



The GF Senior Center's Resources department runs a program where seniors can borrow pieces of assistive medical equipment for up to 90 days. In upcoming newsletters we will be highlighting various pieces of medical equipment available to borrow. Call 701-772-7245 and ask for Resources if interested.

Increase Your Bed Safety

"Getting out of bed can be a challenge, especially for seniors who experience stiffness and decreased mobility in the mornings. Bed Rails can prevent falling out of bed during the night, and they can also make getting out of bed much easier. There are many different types of bed rails, configured to fit a variety of bed types. Most rails can be self installed and easily removed." (Redding, 2021)

"Bed Alarms are also an option for increased bed safety. A bed alarm system

is a device that monitors movement with an infrared sensor, a pressure sensor, or a string system. It usually consists of a bed pad with pressure sensors, an infrared or a string movement monitoring system that is connected to an alarm.

The bed notifies the caretaker of any unexpected movements made by the

patient, so you will know if your loved one is about to embark on a midnight adventure, and it can also help prevent falls." (Maurice, 2021)

Sources:

Redding, M. R. (2021, July 15). Popular Home Modifications for Seniors. Seniorliving.Org. <https://www.seniorliving.org/home-modifications/>

Maurice. (2020). Best Bed Alarm for Elderly (2020): 10 Top-Rated Bed Alarms for Seniors. Seniorsmobility.Org. <https://seniorsmobility.org/bedroom/best-bed-alarm-for-elderly/>



Image from: <https://www.seniorliving.org/home-modifications/>

Due to an open position, the senior center does not have a staff person who is trained as a Senior Health Insurance Counselor (SHIC) at this time. We are advertising and hope to have someone trained sometime in 2022. In the meantime, please utilize the "Turning 65" on our website. There are phone numbers and links for lots of information. Or you may call Medicare (800-633-4227), Social Security (800-772-1213 local GF number) or the ND Insurance Dept (701-328-2440) directly with your questions. Silver Express 13

Medicare Part D Open Enrollment



**Open Enrollment from Oct 15 to Dec 7, 2021
(some deadlines are earlier)**

The ND Insurance Dept encourages you to complete a drug plan comparison every year to make sure your current plan continues to meet your prescription drug needs. This open enrollment period also gives you a chance to switch to another prescription drug plan.

4

Ways to Get Your Drug Plan Comparisons for Medicare Part D Open Enrollment

- 1) **Log on to www.medicare.gov** (instructions on page 15) and complete the comparison process for yourself. If you use the internet regularly, you should be able to do this.
- 2) **Call Medicare directly** at 800-633-4227.
- 3) Have your **pharmacy complete the comparison process for you.**
- 4) Have **Sr Center staff or volunteer complete the comparison process for you** (only for ND residents). Forms and instructions for this option are on page 16, with a duplicate form on page 17 if there are two people in your household who need a plan comparison. **DEADLINE: Nov 29 at 12:15 pm.**

Items Needed for Drug Plan Comparison

(Have these items gathered before starting any of the comparison options)

- 1) Your Medicare card
- 2) Your current prescription drug plan card
- 3) Name of your pharmacy
- 4) * List of current medications with dosages (milligrams or %)
- 5) * How often you take each medication (how many times per day)

* If you will be having the Senior Center complete your drug plan comparison, you must get a printout from your pharmacy with all of your medications, dosages, and how often you take the medication.

Completing Your Drug Plan Comparison Yourself on www.medicare.gov

Please don't be overwhelmed by a full sheet of instructions. Much of this page are tips to lead you through the process. If you end up keeping your current plan, you only complete the first column.

- Go to the www.medicare.gov and click on 'Find plans'
 - For faster comparisons, click on 'Continue without logging in.' If you choose to create an account, the system should remember your medications and your plan for the future. Be sure to store your login information and password somewhere safe.
 - Click on the type of plan you currently have and enter your zip code.
 - Select the type of additional help you receive: Medicaid, Supplemental Security Income, Medicare Savings Program, or Extra Help from Social Security. If unsure, choose 'I'm not sure.' If you know you don't get any assistance, choose 'I don't get help from any of these programs.'
 - Follow through the prompts, answering all of the questions and entering your information. If you can't find your medication in the list, try browsing for the drug alphabetically.
 - **When it gets to the point of giving you your top choices of plans, the top plan is the plan that will save you the most money for 2022, based on your current medications.** If that is not your current plan, go down the list and find your current plan to compare prices with the plan they are saying is best.
 - **If your current plan is the first plan or if you are choosing to keep your current plan, you don't have to do anything. It will automatically be renewed. You can stop at this point.**
- **If you would like to change plans, click on 'Enroll' next to the plan you would like for next year or call the company.** The phone number for the company is located in the details.
 - When confirming your enrollment period, it will be the 'Open enrollment' option.
 - Enter your Medicare number (do not include dashes). If you do not have Part A or Part B, you will not be able to enroll in Part D, UNLESS you have a Medicare Advantage Plan, then everything is bundled.
 - Enter your first name, middle initial, and last name exactly as it appears on your Medicare card. Enter in your date of birth (MM/DD/YYYY) and enter in the remaining information. The first address you enter must be a physical address. If you have a different mailing address (such as a PO Box to receive mail), click the box and enter that information when prompted.
 - No need to state whether you receive other prescription drug coverage in addition to the plan you are enrolling in or if you are a resident of a long term care facility.
 - There are two ways to pay for your monthly premium. The first way, a deduction from Social Security or Railroad Retirement Board, is **not recommended**. The second way is to pay the company directly. They will mail you a bill and you can choose to pay it monthly or for the entire year.
 - Review your application to make sure there are no errors and select 'Submit.'
 - Print off the confirmation page and keep until you receive your new Medicare Part D card from your new plan.

Instructions for Having Senior Center Complete Your Drug Plan Comparison

If you take more than 9 medications AND want to use the same pharmacy, we suggest you have the pharmacy do your comparison to ensure accuracy.

There will be no in-person Medicare Part D meetings at the Senior Center. All correspondence will be done through the mail or dropping items off at the Senior Center front desk or during our drive-thru. We will do the drug plan comparison and mail your drug plan options to you. **It will be your responsibility to call and enroll in a new drug plan**, if that is what you choose to do.

NOTE: The Senior Center will not complete your drug plan comparison unless you mail or drop off all requested items, including a printout of your medications from your pharmacy. If the packet to us is incomplete, it will be returned to you. **DEADLINE: Packets must be received by Mon., Nov. 29 at 12:15 pm. The Senior Center is closed November 25 and 26.**

GF Senior Center will need the following items to complete your comparison:

- This page completely filled out for each person
- A print-out from your pharmacy of all your medications (handwritten lists not accepted)

First Name _____ MI _____ Last Name _____

Address _____

City _____ State *ND residents only* Zip Code _____

Date of Birth _____ Phone # _____ Gender _____

Race _____ Name of current drug plan _____

Name of current pharmacy _____

If you would like to compare other pharmacies, enter the pharmacy names here

Check any applicable extra medication help you receive:

- | | |
|---|---|
| <input type="checkbox"/> Medicaid | <input type="checkbox"/> Supplemental Security Income |
| <input type="checkbox"/> Medicare Savings Program | <input type="checkbox"/> Extra Help from Social Security |
| <input type="checkbox"/> Unsure | <input type="checkbox"/> I don't get help from these programs |

Once you have filled out this page completely and received your medication list from your pharmacy, send us your information. Options are below.

Mail it to us at: Grand Forks Senior Center
620 4th Ave S
Grand Forks, ND 58201

Drop it off: At the GFSC front desk during regular business hours
(M-Th, 8 am - 4:30 pm; F, 8 am - 1:30 pm) OR
During our meal drive-thru (M-F, 11:30 am - 12:00 pm), where
you can stay in your car. Follow the 'Enter' and 'Exit' signs.

OFFICE USE:	_____	Entered date packet received in spreadsheet.
ONLY	_____	Entered date completed & mailed in spreadsheet.
	_____	Top Plan

Keep this sheet
for reference

FREE for People 55+

No GFSC membership required

Let's Get Moving!



GF SENIOR CENTER EXERCISE

All exercise class fees
are waived at this time.

CLASSES THIS NOV.

Chair Yoga: M & W at 3:30 pm (Hope Church)

Ready, Set, Stretch: W at 1:30 pm (GFSC)

Healthy Bones PM: T & Th at 3:30 pm (Hope Church)

Beginner Tai Chi for Arthritis & Fall Prevention: M & Th at 1:30 - 2:00 pm (GFSC)

Experienced Tai Chi for Arthritis & Fall Prevention: M & Th at 2:00 - 2:30 pm (GFSC)

Qigong w/Harpreet: M & Th at 2:30 pm (GFSC)

Requirements

- Bring your own water bottle
- Social distance
- Bring your key tag to sign in
- Must mask until in place
- Must have signed exercise consent form (ask leader if needed)

Classes will either be held at the GFSC in the lower level activity room or, for the larger classes, at Hope Church in their commons area. Hope Church is located inside Grand Cities Mall. Class location is in parentheses in the list above.

We will continue with classes as long as the COVID numbers do not get too high. If you want to find out if we are having exercise classes, either call the Senior Center at 701-772-7245 or check www.gfseniorcenter.org or www.facebook.com/gfseniors.

Tour of the Grand Forks Senior Center

Tues, Nov 2, 2021 at 9:00 am

Gather in the lobby - Tours are given the first Tuesday of the each month. All are welcome and no RSVPs are needed. Plan for an hour. You will be seated for much of the tour.

Meet...Amanda Rengstorf!

Amanda grew up on a farm, just North of East Grand Forks by a little town called Tabor. As a girl, Amanda always loved art, so it was no surprise that she attended the University of North Dakota for a Bachelor of Fine Arts in Graphic Design and New Art Media. After college, she quickly learned that she also had a knack for Marketing and Public Relations as Student Government and Public Speaking were also things she enjoyed.



Amanda has a love of helping nonprofit organizations and sat on the Board of Director's for the Greater Grand Forks Young Professionals as the Special Events Chair. She also met her husband through the Young Professionals. They have been married for seven years and have two little girls, ages three and four-and-a-half, that keep them very busy!

In her free time, Amanda enjoys biking, playing cards, and doing any type of art project she can get her hands on!

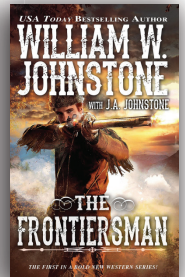
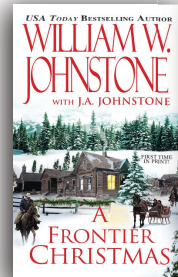
In 2015 Amanda started a paint party business where she taught people how to paint a picture over the course of two-three hours while they mingled and sipped on their drink of choice. Amanda was even hired to host a paint party at the Senior Center! After starting a family, and realizing that paint party requests were generally for nights and weekends, Amanda decided to close the business.

Amanda is the new Public Relations Manager. She took over for Jami. You may spot her at the front desk around lunch time and on Fridays, or see her bouncing around the center from time-to-time. Make sure to say hi!

Do you LOVE western books?

You're in luck! The Senior Center received a large donation of western books by William W Johnston! They are now available in the library.

The library is available for people 55 and older, the Grand Forks Senior Center's library is located on the 2nd floor and is open when our building is open. Our library has the best check-out policy in town. You take the books you want to read and return them when you are done.



Introducing...Tanya Barron!

Tanya was born and raised in Grand Forks, ND. She has a 25-year-old daughter and 11-year-old son. They enjoy traveling together. Some of Tanya's favorite destinations are Florida, Virginia Beach, Las Vegas, and the east coast.

Tanya obtained her Associate's Degrees in Occupational Therapy and Liberal Arts. She especially loved Occupational Therapy and the mantra of "helping people help themselves". After working as a job coach for people with



disabilities for 9 years, and in human services for over 25 years, including 12 years as an Eligibility Worker for Grand Forks County, Tanya wanted to further expand her education by obtaining her Bachelor's Degree in Social Work. This way she could continue to "help people help themselves."

Tanya is excited to help seniors find solutions to live independently as a Resources Coordinator for the Senior Center!

When you see Tanya around, be sure to introduce yourself!

THANK YOU to Quality Lawn Care
for their in-kind donation of fall application weed control and fertilization.

Meal Delivery Volunteers Needed

The Grand Forks Senior Center is in need of meal delivery volunteers.

Home Delivered Meals run out of Altru hospital, they need Thursday volunteers and substitute volunteers. The time commitment is from 11:00 am – 12:30 pm. Contact Home Delivered Meals (701-780-5169, HDMeals@midconetwork.com).



Meals on Wheels run out of the Grand Forks Senior Center, they need volunteers Monday - Friday. The time commitment is from 10:30 am - Noon. Contact Meals on Wheels (701-757-2006, mow@gfseniorcenter.org).

Thank you for helping keep our older adults safe!

Donations & Memorials



Thank you for these donations received September 8, 2021 to October 10, 2021. A donor's cumulative giving from this period is listed. This includes Brighter Side Society Members. Thank you all for your generosity!

Donations of \$10,000 & up

- Anonymous

Donations of \$1,000 - \$4,999

- Anonymous

Donations of \$250 - \$499

- Altendorf, Diane

Donations of \$100 - \$249

- Anonymous
- Drees, Ken and Maureen
- Drees, Ken and Maureen - For Meals on Wheels
- Erickson, Dennis and Cheryl
- Lofberg, Janice
- Mallinger, Earl
- Westacott, Richard - In memory of Roy Thibert
- Yagla, Phil and Judy
- Yelton, Jean - In memory of Ray Bohlman

Donations of \$99 and Under

- Anonymous
- Belobraydic, Matt and Rochelle

- Broadwell, Ray and Becky
- Christopher, Shari - In honor of Gladys Ring's 96th birthday
- Connell, JoAnn - In memory of Alvera Vigness, Garfield Clemens
- Deraney, Pat - In memory of Richard "Dick" Piker
- Dunnigan, Faye - In memory of Ed VanDuyn
- Fettig, Carol
- Herrmann, Karen
- Hogan, Shirley
- Iseminger, Carl and Colette
- Jehlicka, Paul and Rita - In memory of Ruth Humble
- Jensen, Marlys - In memory of Donna Holum
- Keller, Edna - In memory of Phyllis Groven, Marlene Kuntz
- Kuzel, Susan - In memory of Dick Piker
- Landis, Evelyn - In memory of Joan Bushaw Smith
- Mahnke, Vickie - In memory of Joy Ferguson, Will McCray, Kraig Wilson
- Mattern, Alice
- McGarry, Dennis and Lynn
- Pedersen, Melvin
- Sandberg, Curt and Lone - For Meals on Wheels
- Schiele, Kathy - In memory of Don Schiele
- Schumacher, Matt and Jami
- Smart, Judy - In memory of Dick Piker
- Sonterre, Lisa
- Staveteig, Robert
- Thompson, Neil
- Voiss, Bev - In honor of Grace
- Zirnhelt, Clair and Ronda

AARPSM



Driver's Safety Program

AARP Driver's Safety Classes

There will be no AARP Driver's Safety Class at the Grand Forks Senior Center in 2021. For up-to-date information regarding these classes, check future *Silver Express* newsletters. This class is always available online at

www.aarpdriversafety.org

The second entree option is available for sit-down meals at the Senior Center.
Menu is subject to change based on availability of food and supplies.

NOVEMBER 2021 - Grand Forks Title III Older Americans Act Food Program

The Full Cost of the meal is: \$5.75 Breakfast; \$9.75 Lunch. Please contribute what you can.

Suggested Donation is \$2.00 for Breakfast; \$4.25 for Dinner. EBT/SNAP and Credit Cards are accepted at GFSC only. You may call in to run your card. Those under 60 years of age are required to pay the full cost of the meal unless your spouse is over 60.

Monday Breakfast:	Tuesday Breakfast:	Wednesday Breakfast:	Thursday Breakfast:	Friday Breakfast:
2 Slices WW French Toast with Syrup (2 cs) Scrambled Egg 1/2 c Fruit Sauce Choice (1 cs) 4 oz Orange Juice (1 cs) 8 oz 1% Milk (1 cs)	Sausage Egg WW Muffin (2 cs) 3/4 oz Cereal (1 cs) 1/2 c Fruit Sauce Choice (1 cs) 4 oz Orange Juice (1 cs) 8 oz 1% Milk (1 cs)	Small Omelet (.5cs) Fried Potatoes (1cs) 1 WW Toast (1cs) 1/2 c Fruit Sauce Choice (1 cs) 4 oz Orange Juice (1 cs) 8 oz 1% Milk (1 cs)	2 Eggs Made to Order Hashbrowns (1 cs) 1 WW Toast (1 cs) 1/2 c Fruit Sauce Choice (1 cs) 4 oz Orange Juice (1 cs) 8 oz 1% Milk (1 cs)	Ham & Egg on WW Muffin (2 cs) 3/4 oz Cold Cereal (1 cs) 1/2 c Fruit Sauce Choice (1 cs) 4 oz Orange Juice (1 cs) 8 oz 1% Milk (1 cs)
Monday Lunch: Nov 1	Tuesday Lunch: Nov 2	Wednesday Lunch: Nov 3	Thursday Lunch: Nov 4	Friday Lunch: Nov 5
3 oz Swiss Steak (.5cs) OR Herb Chicken 1 sm Baked Potato w/ sr crm (2cs) 1/2 c Broccoli 1/2 c Blushing Pear (1cs)	3/4 c Turkey Pot Pie (1cs) OR Cabbage Rolls (1cs) 1/2 c Peas (.5cs) 1/4 c Cranberry Sc 2" Pumpkin Crunch Dessert (2cs)	3 oz P/A glazed Pork Chop (.5cs) OR Lasagna (2cs) 1/2 c Boiled Potato (1cs) 1/2 Capri Vegetables (.5cs0 1/2c Pears in gelatin (2cs)	3 oz Cracker Crumb Fish/lemon (.5cs) OR Tangy Baked Chicken 1/2 c Escalloped Potato (2cs) 1/2 c Carrot Krinkles (.5cs) 1/2 c Peach Crisp w/top (2cs)	3 oz Meatballs in brown gravy (.5cs) OR Pork Roast 1/2 c Mashed Potato w/gravy (1cs) 1/2 c Carrots (.5cs) 1/2 c Tropical Fruit (1cs)
Monday Lunch: Nov 8	Tuesday Lunch: Nov 9	Wednesday Lunch: Nov 10	Thursday Lunch: Nov 11	Friday Lunch: Nov 12
Stuffed Pepper (.5cs) OR Polynesian Meatballs (.5cs) 1/2 c Parslied Buttered Potato (1cs) 1/2 c Peas (1cs) 1/2 c Mandarin Orange Sc (1cs)	2 oz BBQ Chicken on WW Bun (2cs) OR Tuna Melt (2cs) 1 c Vegetable Soup (.5cs) w/ 2 soda crackers (.5cs) 1/2 c Fruit Cocktail (1cs) 1x2" Bitsy Brownie (2cs)	Baked Fish (.5cs) OR 3 oz Ginger Pork Chop 1/2 c Boiled Potato (1cs) 1/2 c Harvard Beets (2cs) 1/2 c Bread Pudding w/Raisins (1cs)	CLOSED FOR VETERAN'S DAY HOLIDAY	3 oz Meatloaf (1cs) Or Chicken Parmesan Sm Baked Potato w/sr crm (2cs) 1/2 Stewed Tomato (.5cs) 1/2 c Tapioca Pudding (2cs) Pudding (2cs)
Monday Lunch: Nov 15	Tuesday Lunch: Nov 16	Wednesday Lunch: Nov 17	Thursday Lunch: Nov 18	Friday Lunch: Nov 19
3oz Chicken Fried Steak-Gravy (1cs) OR Fish Amondine 1/2 c. Mashed Potato w/gravy (1cs) 1/2 c Stewed Tomato (1cs) 1/2 c Apricots (1cs)	3 oz Roast Turkey 1/4 c Mashed Potatoes (.5 cs) 2 oz Gravy/1/4 c Dressing (.5 cs) 1/2 c Yams (1.5 cs) 2 oz Cranberries (.5 cs) WW Dinner Roll (1 cs) 1/10 Pumpkin Pie W/Topping (2 cs) MOW, Homestead and Link only Drive Thru at Alerus See Note	1 c Chix Noodle Casserole (1cs) OR Spaghetti Hotdish (1cs) 1/2 c Broccoli 1 c. Romaine Salad/dressing (.5cs) Sm Molasses Cookie (1cs)	3 oz Roast Beef and gravy OR Orange Chicken 1/2 c Mashed Potato w/gravy (1cs) 1/2 c. Squash (1cs) 2" sq Fruited Gelatin (2cs)	Salmon OR 3 oz Salisbury Steak 1/2c. Whipped Potato w/gravy (1cs) 1/2 c. Scand Vegetables (1cs) 1/10 Dutch Apple Pie w/top (2cs)

Monday Lunch: Nov 22	Tuesday Lunch: Nov 23	Wednesday Lunch: Nov 24	Thursday Lunch: Nov 25	Friday Lunch: Nov 26
3 oz Lemon Pepper Fish OR Chicken Strips (.5cs) 1/2 c. M. Potato with crm gravy (1cs) 1/2 c Green Beans 1/2 c Pears (1cs)	2oz Sloppy Joe on WW Bun (2cs) OR Pulled Pork on WW Bun (2cs) 1 c Potato & Corn Chowder (1cs) w/2 soda crackers (1cs) 1/2 c Peach Sauce (1cs)	3 oz BBQ Ribs OR Sweet & Sour Chicken (.5cs) Sm Baked Potato w/ sr crm (2cs) 1/2 c Mixed Vegetables (1cs) Sm Spec K Bar frosted (2cs)	CLOSED THANKSGIVING HOLIDAY	CLOSED THANKSGIVING HOLIDAY
Monday Lunch: Nov 29	Tuesday Lunch: Nov 30	Breakfast serving 8:30 am - 9:00 am Meal drive-thru pick up 11:30 am - 12:00 pm Noon sit-down meal serving 12:00 pm - 12:15 pm		MENU SUBJECT TO CHANGE WITHOUT NOTICE
2oz Hamburger on WW Bun (2cs) OR BBQ Pork on WW Bun (2cs) 1 c Beef Vegetable Soup (.5cs) w/ 2 Soda Crackers (1cs) sm Cookie (1cs) 1/2 c Fruit Cocktail (1cs)	3 oz Liver with Onions (.5cs) OR Baked Chicken (.5cs) Sm Baked Potato w/ sr crm (2cs) 1/2 c Yams (1cs) 1/2 c Cherry Cobbler w/top (2cs)			
Note: Nov 16th: No drive thru or sit down lunch that day at the GF Senior Center. Holiday Thanksgiving meal drive thru at the Alerus Center parking lot 11:30-12:30. TICKETS REQUIRED-Call for yours today.				
Breakfast (8:30-9:00am), Lunch (12:00-12:15) Served at the Grand Forks Senior Center. Check other sites for their serving times. Entrée Choices at the Senior Center and MOW only.	Menu meets the required average Title III nutrient goals under Older Americans Act: Calories 735; Sodium 800-1000 mg/daily; Protein 31.24 g; Net Carbs 87.11 g; Fat 24.5 g Attn: Diabetics -These menus have the carbohydrate servings (CS) marked by each item. Most diabetics need 5-6 CS per meal to keep their blood sugar stable. You are free to make your own choices. 1 CS= 1 serving of potato, vegetable, fruit, milk or bread; 2 CS = Most sweet desserts	No reservations required at the Grand Forks Senior Center (620 4th Ave S) unless it is for a holiday meal or other special meal where noted. Reservations required at the satellite sites listed below. Visit your site within the serving time the day before to make your reservation. Homestead-1639 24th Ave. South 11:45-12 The Link-300 Cherry Street 11:15-11:30		

1% Milk (1cs); 1 Whole Wheat Bread (unless noted) (1cs); and margarine are available with each lunch.

Date: 9/27/2021 Licensed Registered Dietitian #13899 Colette Iseminger, MS, RD, LRD

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for Masking!**
From the
GFSC Staff



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Grand Forks Senior Center
M-Th: 8 am-4:30 pm; F: 8 am-1:30pm
701-772-7245; www.gfseniorcenter.org
www.facebook.com/gfseniors

We will be CLOSED
Nov 11 for Veteran's Day, and
Nov 25 & 26 for Thanksgiving.

Supporting Older Adults through the Silver Campaign

The last year and a half has been a roller coaster of emotions, ranging from fear and depression to elation and concern once again with a Delta variant surge. For many older adults, the pandemic has been isolating and very lonely. The time spent isolated at home is wearing on seniors emotionally.

Ensuring the health and safety of older adults is our main priority. And your help is critical. With a donation to the Silver Campaign, you will provide meals,



emotional support, and make a meaningful difference for older adults. As this pandemic continues with no end in sight, your support is essential.

Please mail a check, call us (701-772-7245) to donate with a credit card, or go to www.gfseniorcenter.org/donate.

Silver Campaign gifts must be received by noon on Friday, December 31, 2021 (midnight for online gifts).

Please donate today!